

# #BraveLikeME

## Preparing Your Child for a Vaccine

Let's face it, no one enjoys receiving vaccines, and this is especially true for children. With Covid-19 vaccines available, it's a good time to start preparing your children, yourself and sometimes even the provider! Research shows there are strategies to help reduce both pain and anxiety associated with vaccines. Below are some of those strategies to help put your little one at ease while getting vaccinated.



### Model Being Calm

Our kids are always looking to us for cues about different situations. If you are calm, you set your child up for being calm as well.



### Plan and Explain

If it's age appropriate, explain to your child that they will be getting medicine in their arm to prevent them from getting very sick, and to help protect their friends, family and community. If your child is expressing a great fear of needles/vaccines, talk to the vaccine provider, they can sometimes use a numbing cream or use a device called a "shot block" which helps with the pain.



### Distract

Distraction is one of the most simple, yet effective ways to calm your child. Blow bubbles, sing songs, talk about their favorite things; make it as fun as you can.



### Celebrate!

After your child has received the vaccine, celebrate! Clap, provide a sticker, or their favorite treat. Offer lots of praise—they have earned it!